





Fresh Fruit For Sale

On Sale Now!









P.C.H.S. Annual ELF AUCTION



IS ACTIVELY SEEKING DONATIONS
FROM OUR COMMUNITY
& LOCAL BUSINESSES

Ideas for Donations

Baked Goods, Gift Certificates

Home Made/Hand Made Items

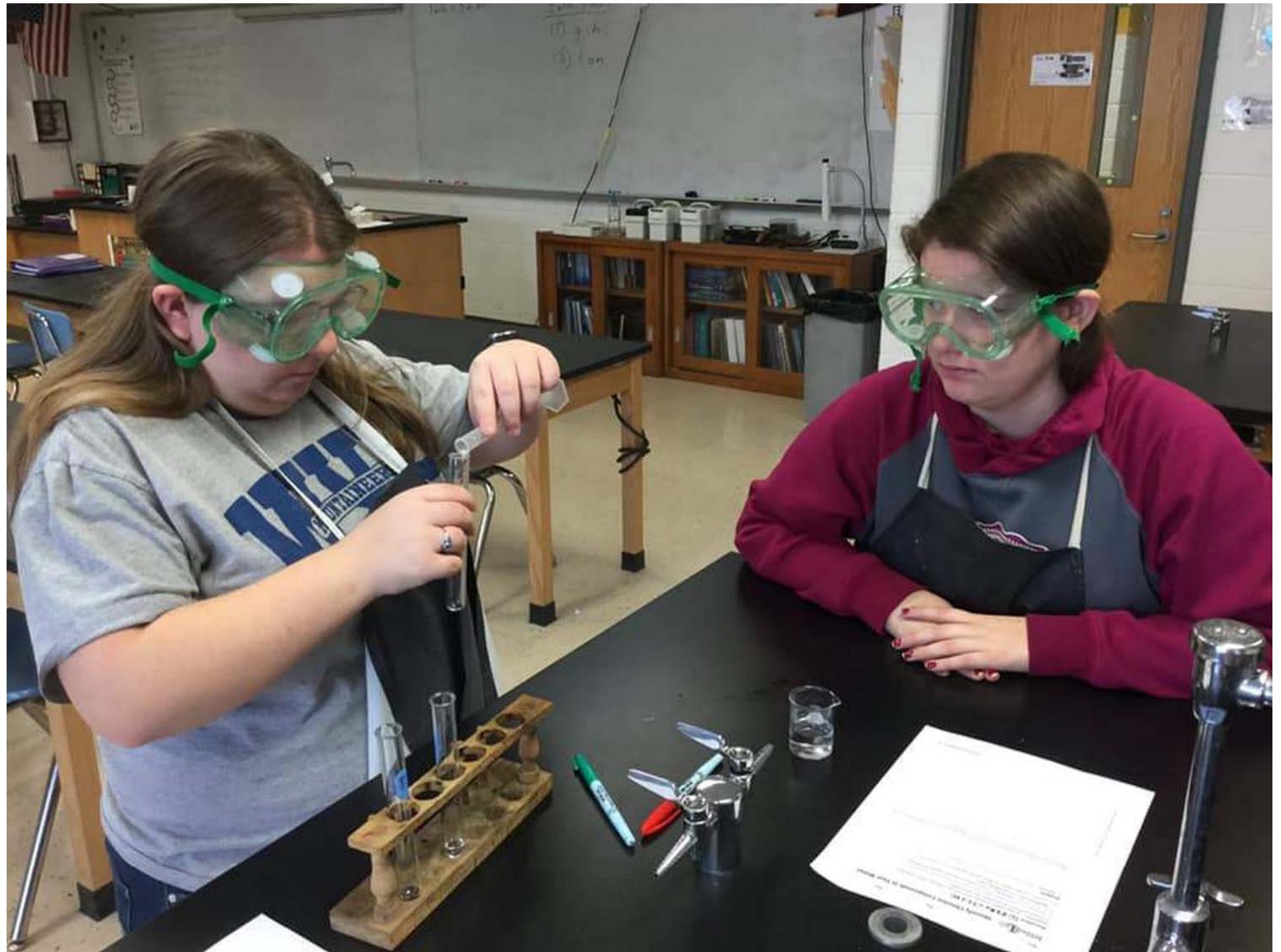
31 Bags, Scentsy, and more . . .

All Proceeds benefit PCHS students in need during the Holiday Season

Friday, December 13, 2019

Contact Mrs. Beverage (Counselor) or Mrs. Wilfong (Librarian)

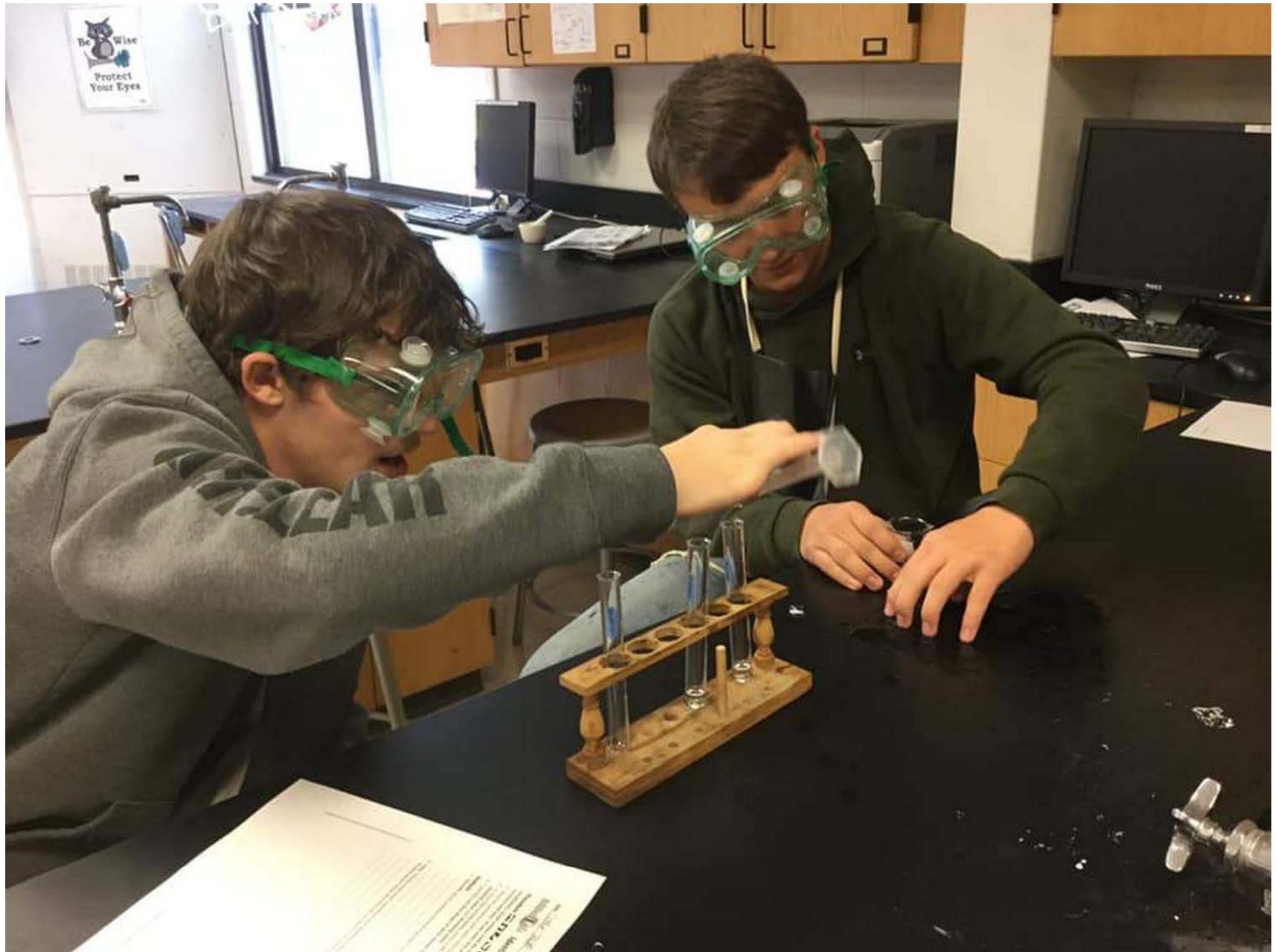
for more information!!!



Protect
Your Eyes



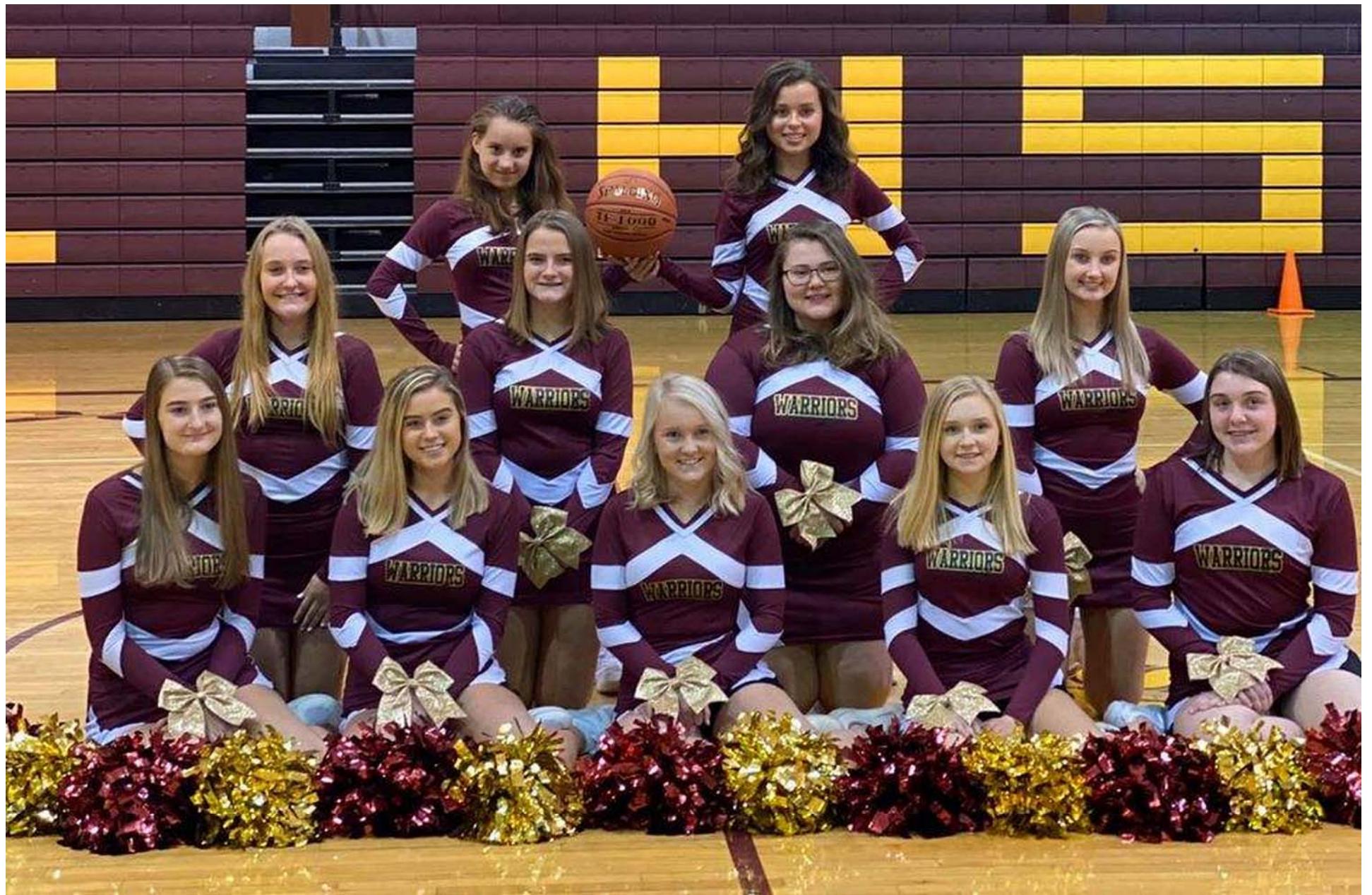


















NOVEMBER 2019						DECEMBER 2019							
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					1	2	1	2	3	4	5	6	7
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JANUARY 2020						FEBRUARY 2020							
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26	27	28	29	30	31		23	24	25	26	27	28	29



CAMP TWIN CREEKS

1-800-451-8806

www.camptwincreeks.com



POCAHONTAS COUNTY
HIGH SCHOOL
WINTER SPORTS 2019-20



CAMP TWIN CREEKS

1-800-451-8806

www.camptwincreeks.com

BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

ALL SCHEDULES ARE SUBJECT TO CHANGE

ATTENTION: PCHS Males

On Behalf of the US Selective Service System and US Department of Education:

All males are required to register with the US Selective Service beginning 30 days prior their 18th birthday and extending 30 days thereafter. Late registration is accepted up to the 26th birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:

- Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;
- Ineligibility to receive federal and, in some cases, state student aid;
- Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;
- Ineligibility for security clearances; and
- Delay in citizenship proceedings.

For more information and /or to register:

<https://www.sss.gov/Registration-Info/Who-Registration>

or

Stop by the School Counselor's Office

POCAHONTAS COUNTY SCHOOLS
December Breakfast and Lunch Menu 2019

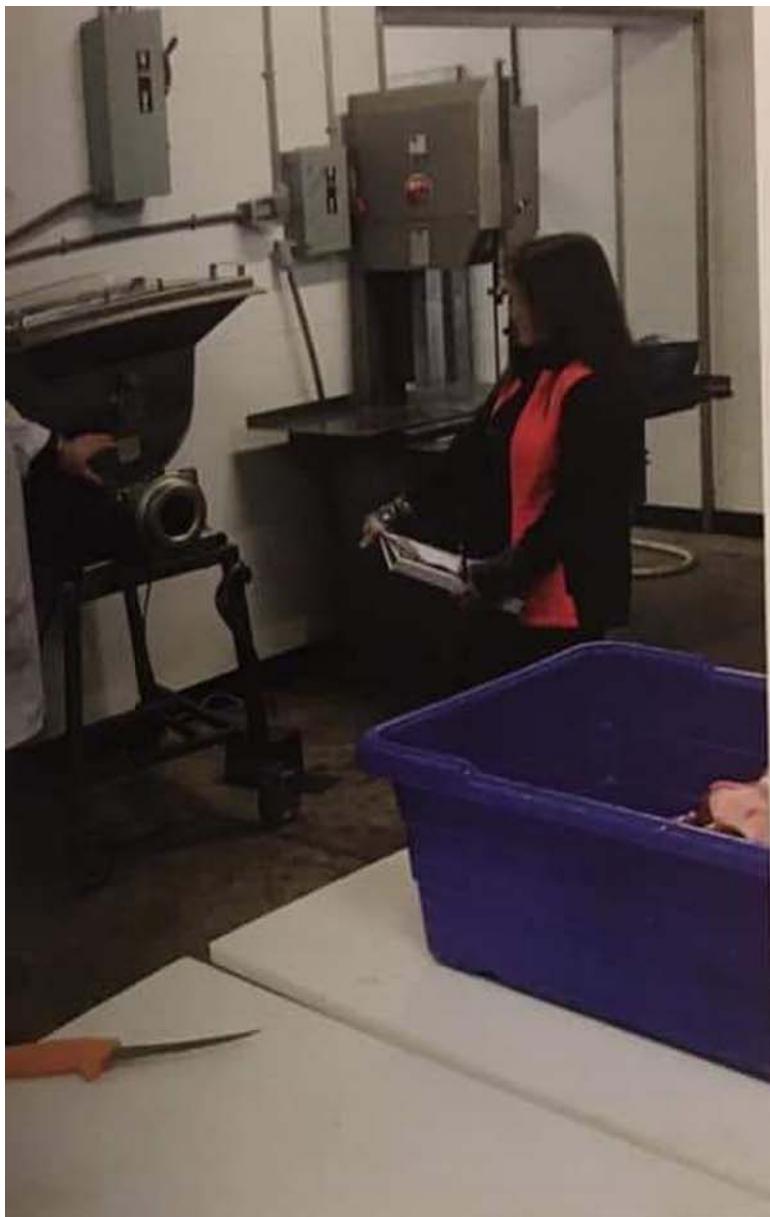
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Zucchini Bread Cereal Fruit Pizza Applesauce Cup Peas Diced Potatoes	2 French Toast Sticks Cereal Fruit Chicken Sandwich Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Sweet Potato Fries Mexicali Corn Fruit	3 Bagel w/Cream Cheese Yogurt Fruit Spaghetti w/Meatballs Garlic Bread Green Beans Mixed Fruit	4 Sausage Gravy Biscuit Yogurt Fruit Chicken Wrap Lettuce/Tomato/Sour Cream Romaine Salad w/Tomatoes Refried Beans Birthday Cake	5 Pancakes Cereal Fruit Fish Sticks Scalloped Potatoes Fresh Carrot Sticks Fruit Homemade Rolls
6 Strudel Yogurt Fruit Ham & Cheese Hoagie Lettuce/Tomato Baked Beans 5 Way Veggies Fruit	7 Pretzel w/Cheese Cereal Fruit Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Mixed Fruit Sliced Cucumbers	8 Homemade Cinnamon Roll Yogurt Fruit Fish Sandwich Lettuce/Tomato Tartar Sauce/Ketchup Sweet Potato Fries Broccoli Salad Fruit	9 Egg & Cheese Biscuit Cereal Fruit Vegetable Beef Soup Grill Cheese Sandwich Green Beans Sherbet Fruit	10 Breakfast Burrito Yogurt! Fruit Chicken Tenders Macaroni & Cheese California Blend Fruit
11 Breakfast Pizza Yogurt Fruit Sloppy Joe Oven Fries Carrot Stix Fruit	12 Sausage Biscuit Cereal Fruit Chicken Fajita w/Green & Red Peppers/Onions Mandarin Oranges Black Beans Salsa/Sour Cream Fruit	13 Yogurt Fruit Parfait or Strawberry Smoothie Cereal Bacon & Cheese Scrambled Eggs Hash Browns Applesauce Cup Fresh Veggies Biscuit	14 Blueberry Muffin Cereal Fruit Christmas Dinner Baked Ham Mashed Potatoes w/Gravy Stuffing Broccoli Cheese Rice Casserole Homemade Roll Cooks' Choice Dessert	15 Cooks' Choice
16 Professional Learning Day No School for Students	17 Christmas Break No School	18 Christmas Day No School	19 Christmas Break No School	20 Christmas Break No School
21 Christmas Break No School	22 Christmas Break No School	23 Christmas Break No School	24 Christmas Break No School	25 Christmas Break No School
26 Christmas Break No School	27 Christmas Break No School			
28 Christmas Break No School	29 Christmas Break No School	30 Christmas Break No School	31 Christmas Break No School	



For breakfast milk and yogurt offered daily.
 For lunch milk and fresh fruit offered daily.

OUR SCHOOL
IS SNOW COOL!





Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Gassaway and Facing Hunger Foodbank in Huntington—make sure the low in fat, protein-packed meat gets into the skillets and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.

The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 18 HHH processors across West Virginia. Make no mistake: These butchers may be young, but they bring professionalism and pride to their work.

Lifelong lessons

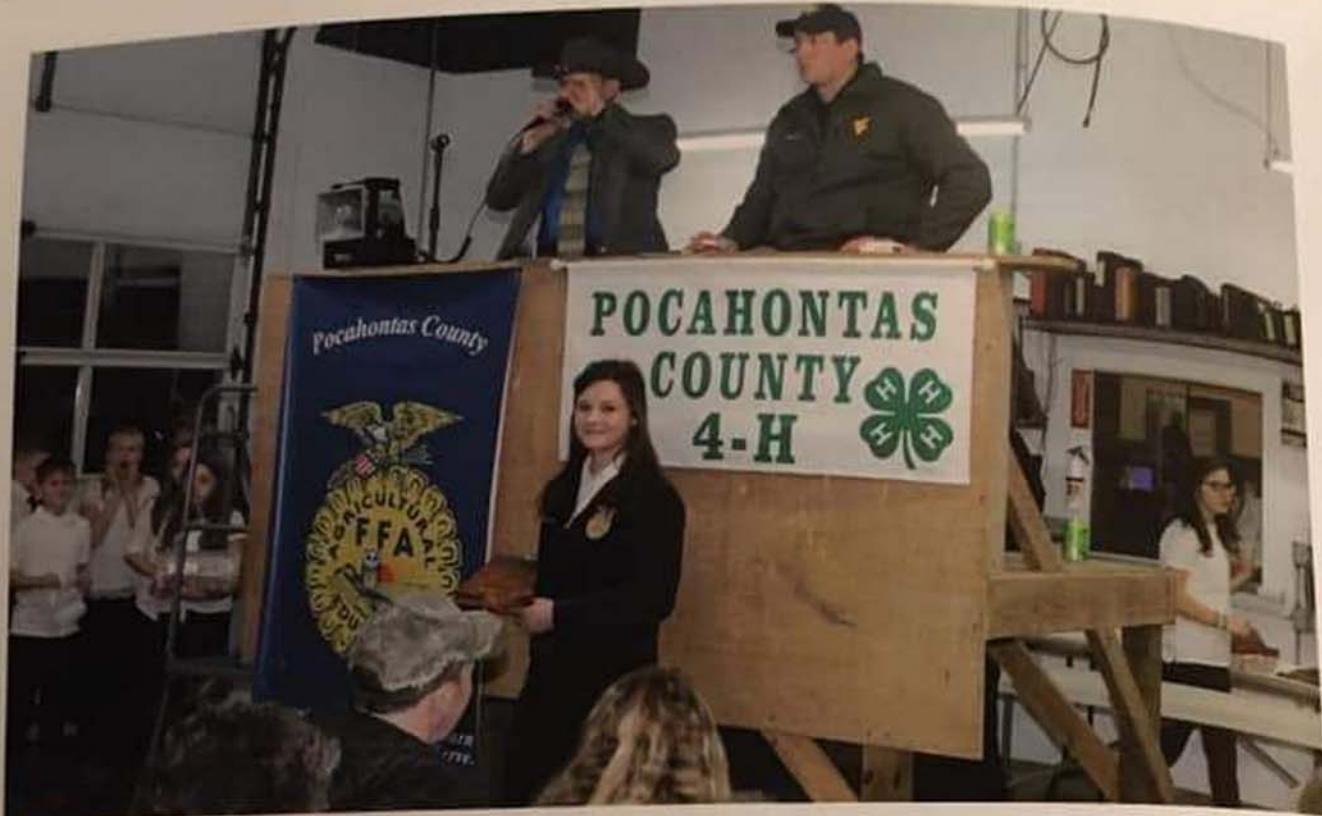
With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyers says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinnison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 39 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. ↗



Aliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals. Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students. "Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which slice would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple into sausages to dazzle palates.

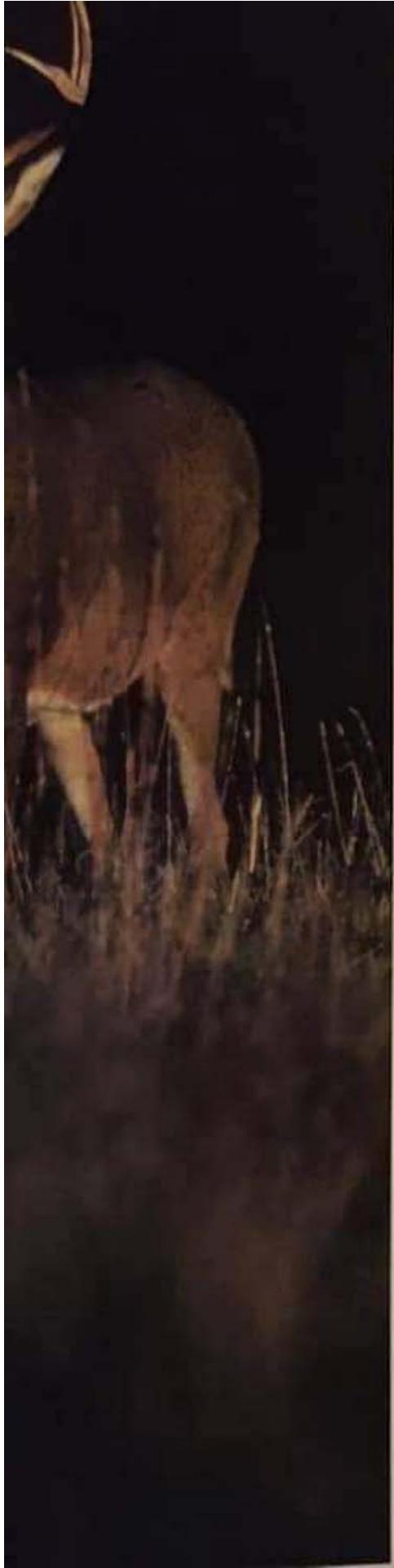
Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program—those fees have to benefit fish and wildlife programs. So churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.



School bells chime, sneakers squeak, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture

FAKE SKINS

MOUNTAINEER HERITAGE HUNTING SEASON

HERMITAGE OF THE HOLY CROSS

WONDERFUL WEST VIRGINIA



[Close](#)

POCAHONTAS COUNTY Senior Basketball(G) Schedule

Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
20	02/08/20	JV 2:00 V 3:30PM Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

[Close](#)

POCAHONTAS COUNTY

Senior Basketball(B) Schedule

Events

1	12/11/19	JV 5:45 V 7:00PM	H - MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H - MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H - GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A - TUCKER COUNTY
5	01/02/20	TBAPM	A - NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A - RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A - GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H - MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A - HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H - TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A - MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H - PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A - MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H - RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H - ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A - MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A - RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H - TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H - RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A - PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior NightPM	H - JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A - TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

Close

6:12

LTE



2019 Elf auction

DOCX - 13 KB



To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist



BATTLE OF THE CLASSES

October



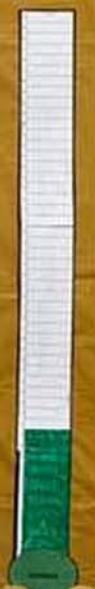
Sophomores



November



Freshman



































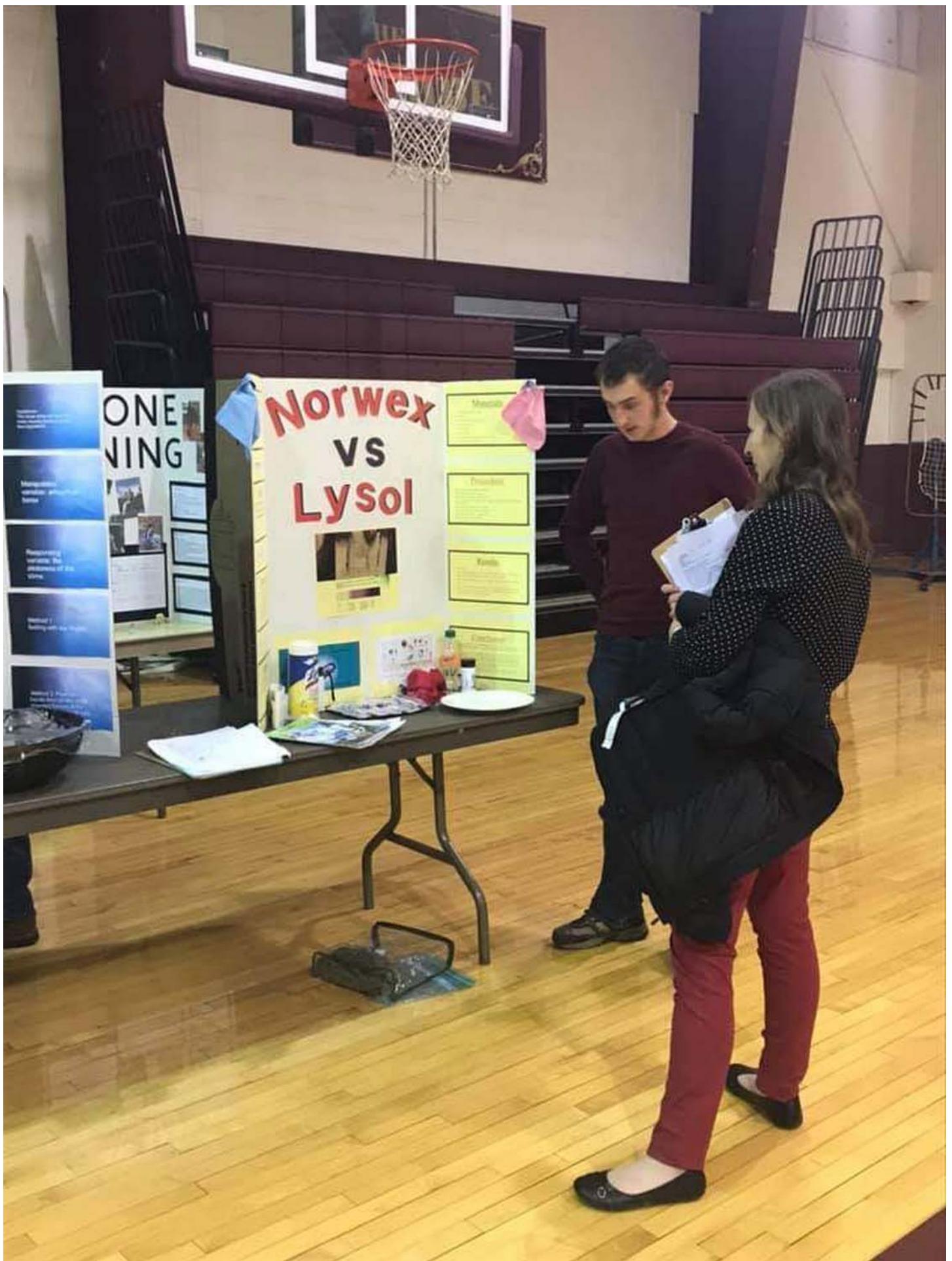






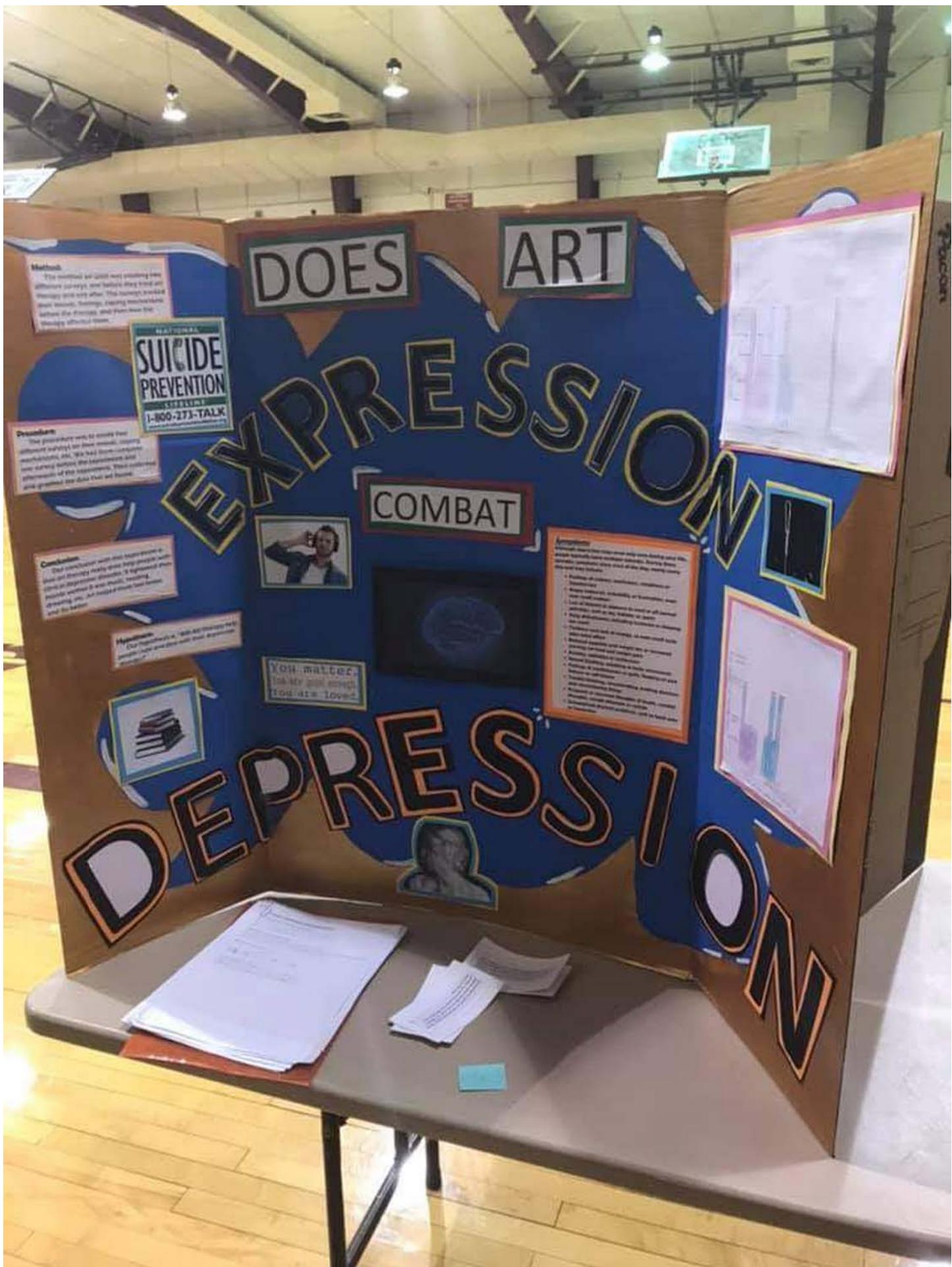


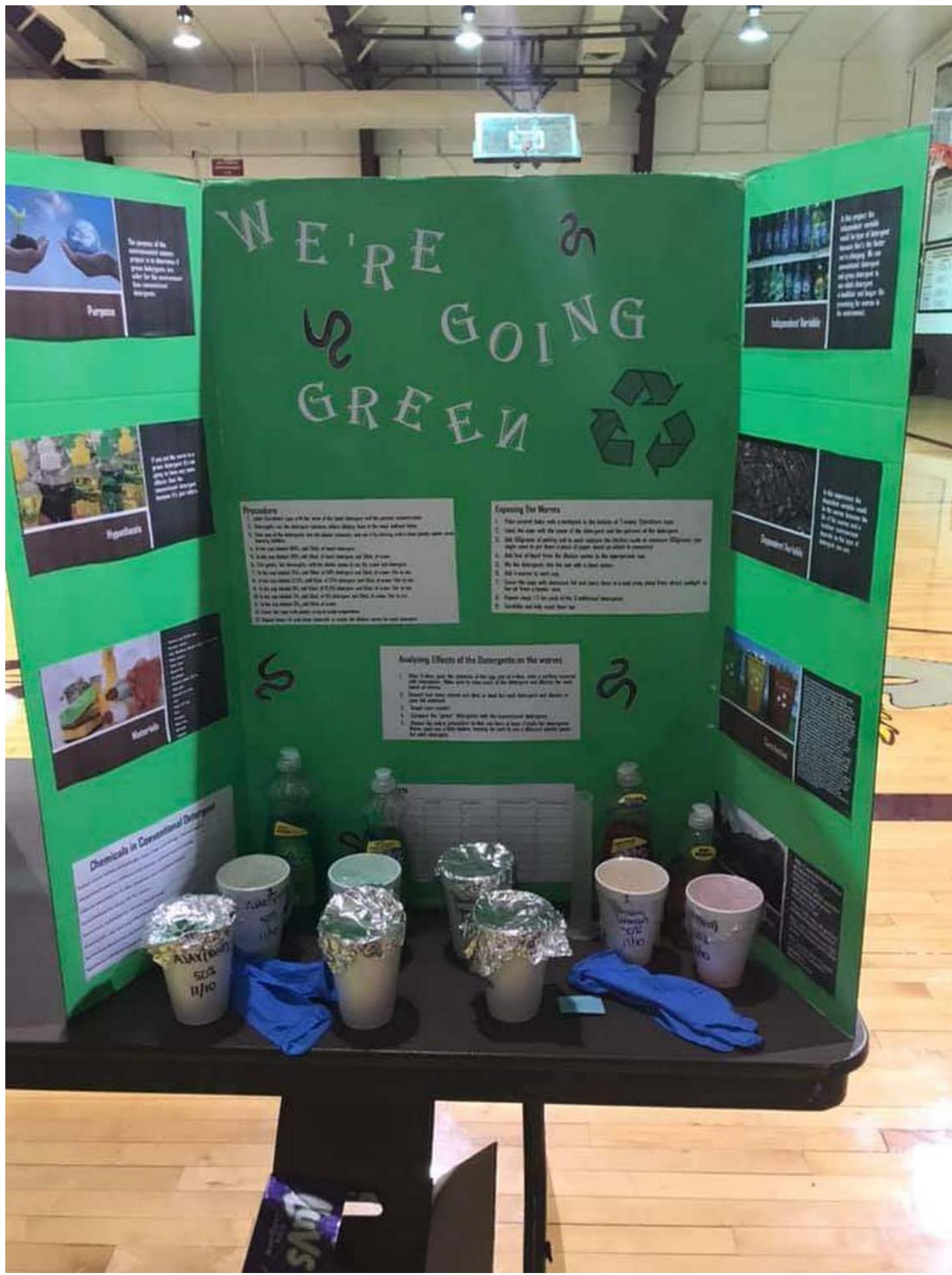






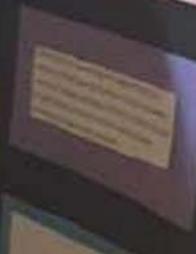
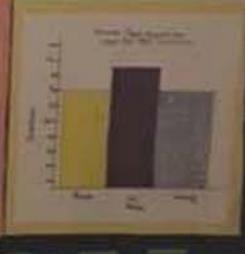




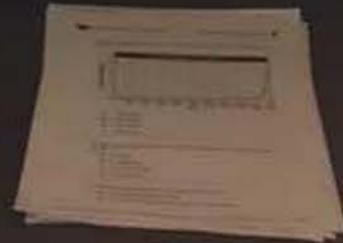
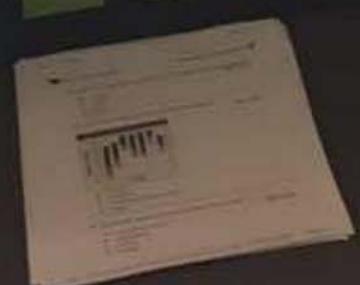


IF YOU DON'T USE IT..

DO YOU LOSE IT?



Abstract:
The purpose of this study was to determine if there is a difference in the frequency of use of the four groups of students. The results show that there is a difference in the frequency of use between the four groups.



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Paw Preference

Do pets show handedness like humans do?

Abstract

This study examined whether dogs and cats have a preference for using their right or left paw. The results showed that dogs and cats have a strong preference for using their right paw.

Introduction

The study of animal handedness has been a topic of interest for many years. In humans, handedness is a well-known phenomenon, with approximately 90% of people being right-handed. However, the extent to which other animals exhibit handedness is less clear. This study aims to investigate the handedness of dogs and cats by observing their paw usage during various tasks.

Methodology

The study used a observational approach to record the paw usage of dogs and cats. A total of 100 dogs and 50 cats were observed. The tasks included feeding, playing with a ball, and climbing onto a chair. The paw used for each task was recorded and analyzed.

Results

The results showed that dogs and cats have a strong preference for using their right paw. For dogs, the right paw was used in 85% of the tasks, while the left paw was used in 15%. For cats, the right paw was used in 78% of the tasks, while the left paw was used in 22%.



Norwex vs Lysol



Purpose

- To discover the most consistently effective cleaner, and which cleaner removes the most protein.

Question

- Which cleaner removes the most protein, which is the food source of bacteria and germs, from a plate?

Hypothesis

- Out of the two cleaners, the Disinfecting Wipes and the Norwex EnviroCloth, the EnviroCloth should remove the most bacteria from a plate.

Variables

- Smart Living Club**
and Exclusive Offers

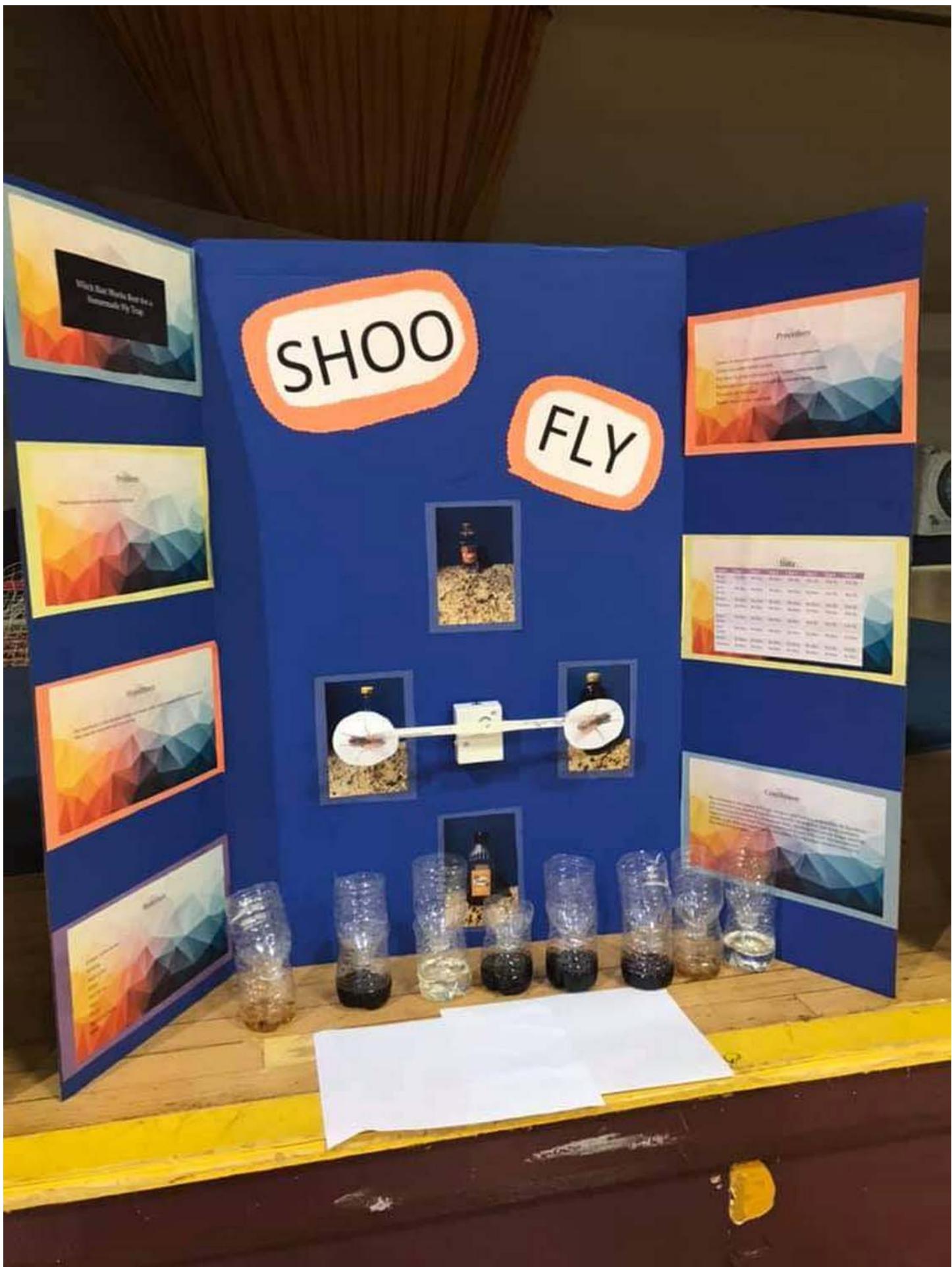
Materials

- 100

Procedure

Results

Conclusion



On Target



Research

The first darts were invented in 1400 B.C. in Japan. Since it is a relatively new sport, there have been many different inventors creating various bows and techniques.



Conclusion

This project has been very interesting. I have learned that darts is a very old sport. It is also a very accurate sport. I have learned that the angle of the dart is important because if you shoot the dart at a 90 degree angle, it will hit the target. If you shoot the dart at a 45 degree angle, it will miss the target. This is important to know when you are playing darts.



Procedure

- Find a location.
- Find the correct place to shoot from.
- Find the right distance.
- Find the right angle.
- Find a target.
- Find a dart.
- Find a bow.
- Find a place to stand.

References

- http://www.darts.com
- http://www.darts.com
- http://www.darts.com

ENERGY DRINK EFFECTS







Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsettia will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up a PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

Boys A/AA Region 3 all region teams

1st Team

Kolton Alderman -Striker

2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

Girls

1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

All State Honors

Boys

Honorable Mention All State

Kolton Alderman

Girls

2nd Team All State

Savannah McMillion

Honorable Mention

Kira Bircher

Laila Calhoun

**THANK YOU
VETERANS**



265358979323846264338327950288419716939937510582097494450220791640628



© 2003











WARRIOR TERRITOR



PONATAS COUNTY
TICKET RECORDS
LADY
WARRIOR

Event	Record Holder	Record Date
One Mile Run	John Smith	1980-08-01
Two Mile Run	John Smith	1980-08-01
Three Mile Run	John Smith	1980-08-01
Four Mile Run	John Smith	1980-08-01
Five Mile Run	John Smith	1980-08-01
Six Mile Run	John Smith	1980-08-01
Seven Mile Run	John Smith	1980-08-01
Eight Mile Run	John Smith	1980-08-01
Nine Mile Run	John Smith	1980-08-01
Ten Mile Run	John Smith	1980-08-01
Eleven Mile Run	John Smith	1980-08-01
Twelve Mile Run	John Smith	1980-08-01
Thirteen Mile Run	John Smith	1980-08-01
Fourteen Mile Run	John Smith	1980-08-01
Fifteen Mile Run	John Smith	1980-08-01
Sixteen Mile Run	John Smith	1980-08-01
Seventeen Mile Run	John Smith	1980-08-01
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Thirty-nine Mile Run	John Smith	1980-08-01
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Fifty-six-mile Run	John Smith	1980-08-01
Fifty-seven-mile Run	John Smith	1980-08-01
Fifty-eight-mile Run	John Smith	1980-08-01
Fifty-nine-mile Run	John Smith	1980-08-01
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Fifty-two-mile Walk	John Smith	1980-08-01
Fifty-three-mile Walk	John Smith	1980-08-01
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Fifty-eight-mile Walk	John Smith	1980-08-01
Fifty-nine-mile Walk	John Smith	1980-08-01

POCANTAS COUNTY
TRACK RECORDS

Event	Record Holder	Record Date
One Mile	John Smith	1980-08-01
Two Miles	John Smith	1980-08-01
Three Miles	John Smith	1980-08-01
Four Miles	John Smith	1980-08-01
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Fifty-seven Miles	John Smith	1980-08-01
Fifty-eight Miles	John Smith	1980-08-01
Fifty-nine Miles	John Smith	1980-08-01







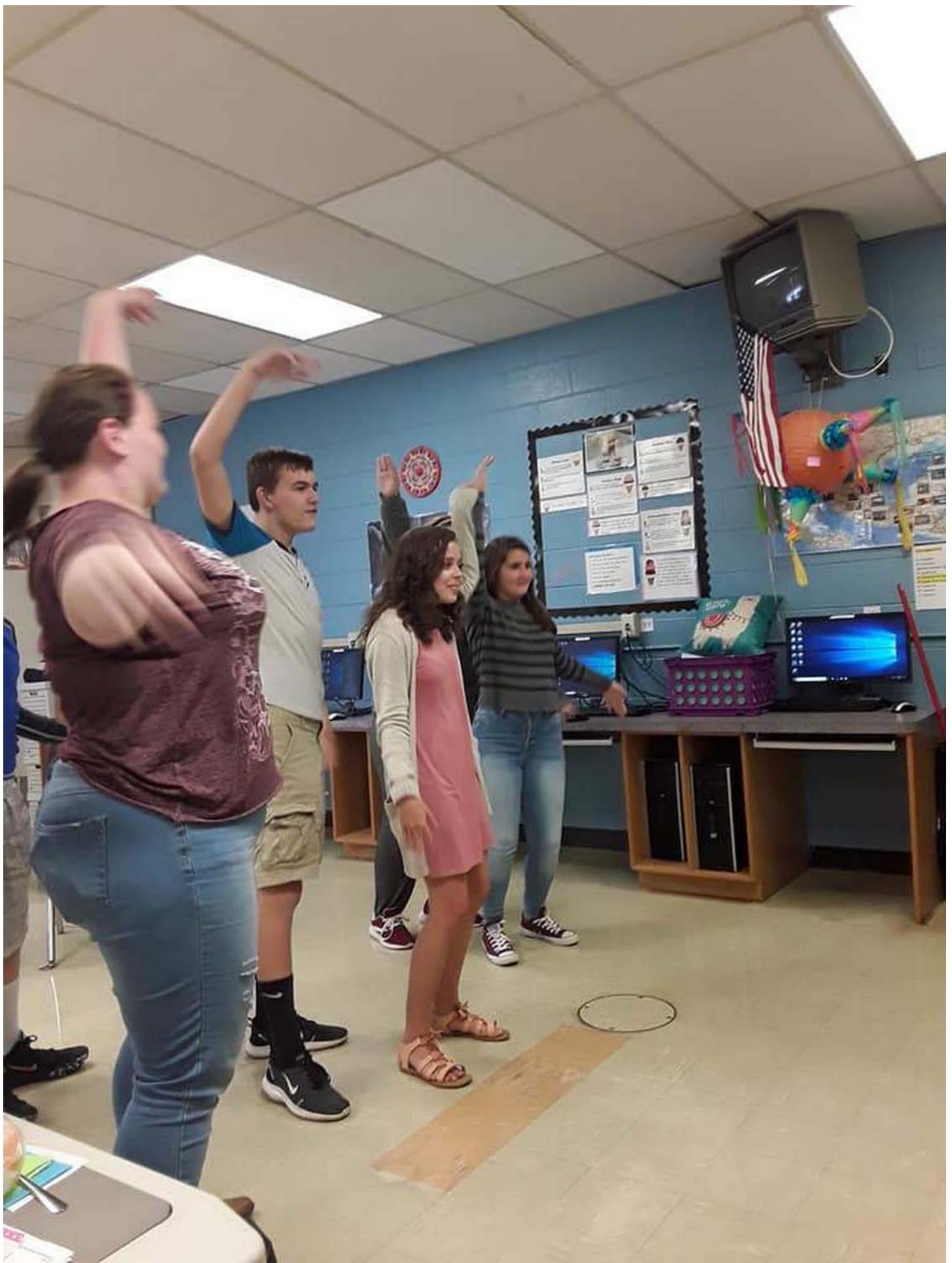
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WARRIOR TERRITOR







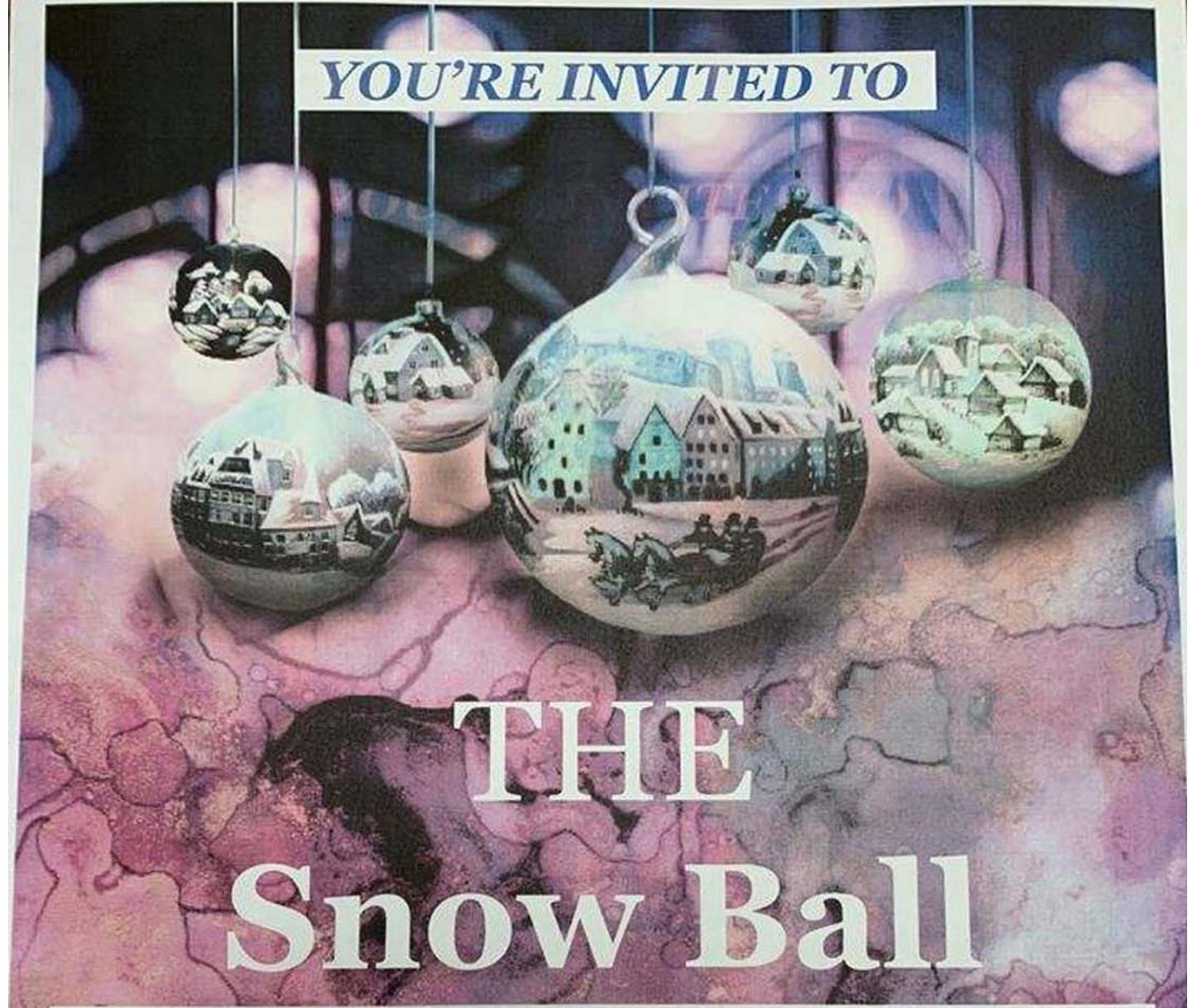












YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$10 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**

Prayer Locker

**Write your prayer
request on the paper
provided and put it
through this
locker slot.**

We will be happy to pray for you.
You do not have to give your name
and all prayer requests will remain
confidential.

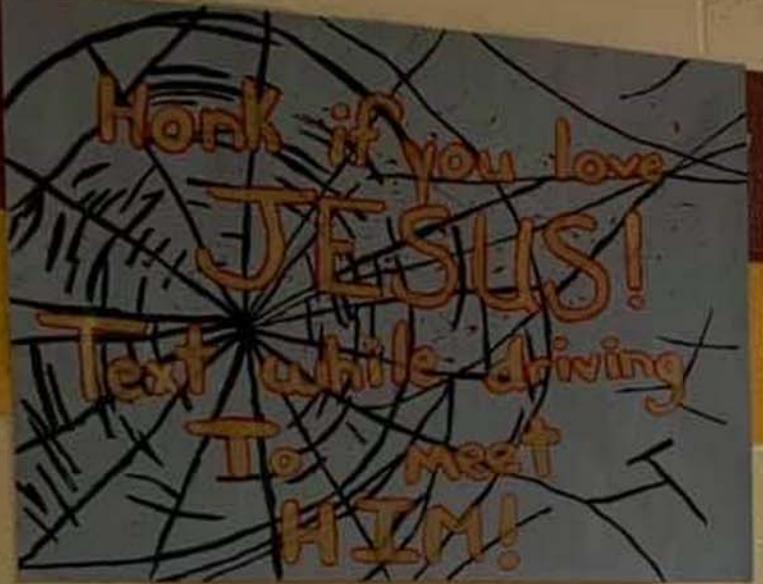
Sponsored by FCA: PCHS HUDDLE



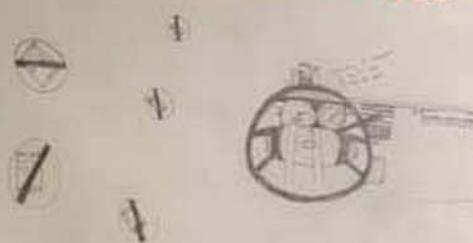
POCAHONTAS COUNTY SCHOOLS
November Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole grain bagel w/cream cheese Cereal fruit
-4 Sausage pancake Whole grain cereal Fruit	5 Colby cheese omelet Whole grain cereal Fruit	6 Fresh fruit cup Yogurt Whole grain cereal	7 Breakfast sausage pizza Whole grain cereal Fruit	8 Yogurt fruit parfait Whole grain cereal
Chicken Sandwich Tomato/lettuce/onion Peas Applesauce cups Romaine w/vinaigrette	Beef Burrito w/whole grain tortilla wrap Lettuce/tomato/salsa Broccoli Beans Mixed fruit	Lasagna Green beans Mixed Fruit Roll	Hot Ham and cheese on whole grain bagel Sweet Potato Fries Corn Fruit	Popcorn Chicken Carrots California Medley Fruit Cookie
11 Veteran's Day Holiday No School	12 Egg and cheese wrap Whole grain cereal Fresh fruit Cheeseburger Bake beans Fresh fruit Birthday Cake	13 Blueberry muffin Whole grain cereal Fruit Chicken Caesar Romaine Salad Sweet Potato Fries Carrots Sliced Apples with soy nut butter	14 French Toast Stix Whole grain Cereal Fruit Salisbury Steak Green beans Mash Potatoes Roll Fruit	15 Homemade Cinnamon Rolls Whole grain Cereal Fruit Chicken Nuggets Parmesan Broccoli French fries Fruit
18 Egg and cheese Biscuit Whole grain cereal Fruit Meatball Hoagie California Blend Tator tots Fruit	19 Yogurt w/ granola Whole grain cereal fruit Chicken Chimichanga Carrots Sweet Potato fries Mixed fruit	20 Egg cheese ham wrap Whole grain cereal Fruit Chili Bake potato Parmesan Broccoli Applesauce cup Cornbread Crackers	21 Banana Bread Whole grain cereal Fruit Turkey Mashed potatoes w/gravy Green beans Roll Cooks' choice dessert	22 Cooks' Choice Breakfast and Lunch!
25 Thanksgiving Break No School	26 Thanksgiving Break No School	27 Thanksgiving Break No School	28 Thanksgiving Day Holiday No School	29 Thanksgiving Break No School





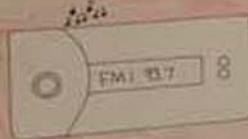
SENDING
TEXTS
CAUSES WRECKS



Distracted Driving
IS



PUT IT Down



Turn It Down



Slow It Down

Dangerous Driving

NEVER DRIVE
DRUNK

Don't Be A
Jack

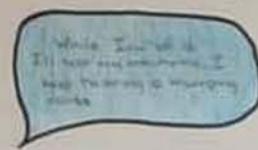
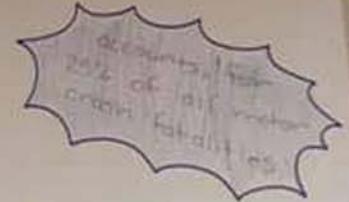
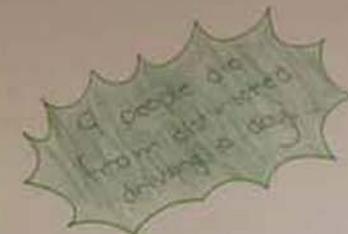


HONK IF you
LOVE Jesus



DRINK &
DRIVE IF you
WAN'T TO MEET
HIM!

DISTRACTED DRIVING



DISTRACTED
DRIVING

ONE CALL OR
TEXT
COULD END
IT ALL

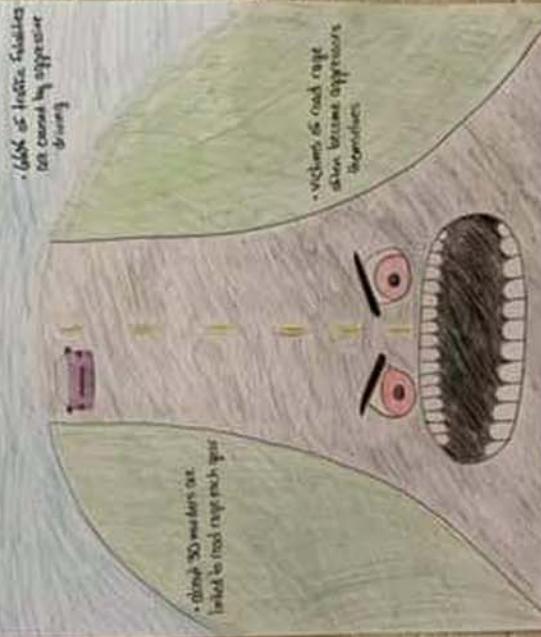
**Don't DRINK
and** DRIVE



I + Can
Wait



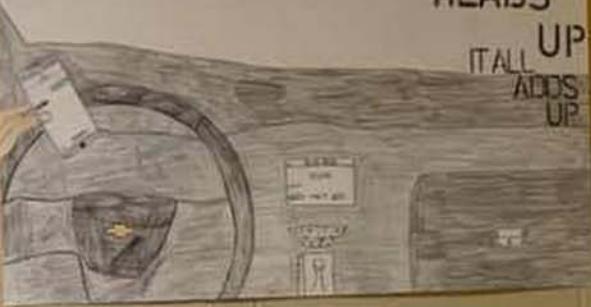
you put everyone
in danger,
when you have
road anger!



DON'T
DRIVE DRUNK
IT IS NOT A



BUCKLE UP
HANG UP
HEADS UP
IT ALL ADDS UP



DON'T DRINK
and
DRIVE



The clock will
Keep Ticking But
Your Heart
Won't



ROAD RAGE
DON'T DRIVE AGGRESSIVELY
BE UNDERSTANDING IF A
DRIVER CAUSES A PROBLEM



It Can
Wait.

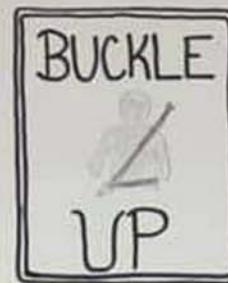




**LEAVE IT UNREAD
OR END UP DEAD**

It's More
Than Just A
TICKET.

It's  vs 



Your

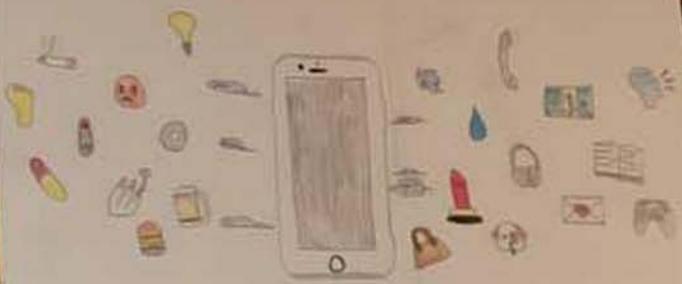
LIFE

Don't Drink And Drive...
Your



First Sip Could Be Your Last!

**no Distraction
is worth a Life...
IT CAN WAIT!**



DRUNK DRIVING



Alcohol & A
wheel gon'
get ya
Killed

Over 65% of all fatal single car crashes
are alcohol related.

If
the
your
you're feeling
RAGE
GAUGE
check



DONT
MAKE
A
FUSS

STOP
FOR
THE
BUS





